



Activities for the Summer (KS1)

These are some ideas for activities you can do with your child over the summer when you have a spare 10 minutes, are out and about, or on a rainy afternoon. They will help to keep their brain active and learning.

English	
Reading for pleasure	Choose a book they enjoy and read for at least 10 minutes every day. Talk to them about what they are reading, ask them to summarise the story and tell you what they like or don't like about it. Visit Hounslow library for them to choose a new book to borrow. Join the free Scholastic Summer Reading Programme
Build in reading at every opportunity	When your child is watching TV have the captions turned on and the sound down low. When out shopping, ask your child to read the shopping list out to you. When cooking, read the recipe out loud. Read the instructions when playing a game.
Listen to stories	Listen to stories read by an adult at home or listen to online audio books or stories for children. This will help your child continue to develop their vocabulary. Pause and ask them what some of the words mean or questions to check their understanding.
I Spy	Play 'I spy' by finding things around them that begin with a certain letter. To add an extra challenge, see if they can spell the word once they have found it using their phonics to help.
Sentence-at-a-time story	A great activity to play as a group. One person starts the story with a sentence and everyone takes it in turns to carry it on. Challenge them to add in certain words or types of word, e.g. who can add the word tree into the story? Or, who can add an interesting adjective or expanded noun phrase?
Write a postcard	If you are going on holiday or even out for a day, give your child a postcard to write about what they have done and send it to a friend or family member.

Maths	
Cooking	Cook together encouraging your child to measure out or weigh the ingredients and follow the recipe.
Shape spotting	Find as many 2D or 3D shapes as they can outdoors, e.g. how many triangles can you find?
Shopping	Use shopping as an opportunity to develop understanding of money. If you receive some change in a shop, ask them to tell you how much you have. Alternatively, play games at home using spare change or play money. Your child could even set up a shop for you to visit and buy from.
The number spotting game	Look at the numbers on number plates, buses, in shops (anywhere you can see them) and create challenges for your child - add them together, multiply/divide, make the biggest number you can, you can use this game to practice times tables knowledge too.
Wheel Maths	Give each type of vehicle a point value e.g. bike = 1, car = 2, van = 3, bus = 4, keep count of how many you spot. You could vary the challenge by adding special colours for extra points e.g. if the vehicle is pink or orange the points are doubled.

Wellbeing	
Exercise	Ensure your child gets plenty of exercise. Try to make sure they do something every day, even if it is just a short walk.
Learn a new skill	Try playing a new instrument, learn to juggle, ride a bike or play a new sport.
Healthy meals	Let your children plan their food or a specific meal during the day. Have they included a range of healthy foods? Use the Eatwell Guide to help them check.
Family time	Spend time doing something as a family that you all enjoy.
Mindfulness	Spend 5 minutes each day doing an activity that calms your child's mind or emotions e.g. calming breathing activities, cloud gazing, listening to music or a mindful walk noticing all the little things that they see.